

Spin Class Guidelines

- 1) ALL cycling classes are \$2.50 when using your First Class punch card OR \$3.00 when using your Rank It punch card. Cards may be purchased at King Field House Fitness Center, M-F 0830-1200 & 1300-1600, excluding holidays and training holidays.
- 2) You MUST present a valid fitness punch card prior to class in order to participate. There are NO exceptions.
- 3) Participants are to call 239-3868 to reserve a space in class or to be placed on the waiting list.
 - a. When calling to reserve a space you may only reserve for yourself. You CAN NOT reserve a space for someone else.
 - b. If you are unable to attend a class that you are registered for, be sure to call in and cancel your reservation. Otherwise, after 2 no shows, the instructor reserves the right to give your spot away to a waiting list patron.
- 4) Classes are open for reservation the day prior to class. You can call anytime during business hours (0530-2200) to reserve a space.
 - a. There are only 14 spaces available for each cycling class. After all 14 spaces are filled, you may be placed on the waiting list if you choose.
- 5) You MUST show up for class AT LEAST 5 minutes early for bike set up. If you are registered and do not arrive promptly (5 minutes prior to class), your spot will be given to the first person on the waiting list that is PRESENT. Class will start promptly at scheduled time and no one will be admitted to class once it has started.

For additional info call 239-2813 or 239-3146.